

# Hospital Bag Checklist

Everything to pack for labor, delivery, and your first days postpartum.

## Documents & Essentials

- ☐ Pack your photo ID and insurance card in an outside pocket
- ☐ Bring your hospital pre-registration or admission paperwork
- ☐ Add a copy of your birth plan, with a few extra printouts
- ☐ Include your prenatal records or your provider's contact information  
Ask your provider whether you need to bring records or if they share them directly.
- ☐ Pack your phone and a long charging cable
- ☐ Bring a small amount of cash for vending machines or parking

## For the Birthing Parent

- ☐ Pack a comfortable robe and warm socks with grip soles
- ☐ Bring two or three pairs of high-waisted, breathable underwear
- ☐ Add a loose going-home outfit that fits a postpartum body
- ☐ Pack two nursing bras or comfortable soft bras
- ☐ Include lip balm, hair ties, and a wide-tooth comb
- ☐ Bring your eyeglasses and contact lens supplies if you wear them
- ☐ Add flip-flops for the shower

## Comfort & Labor Support

- ☐ Pack a few favorite snacks for after delivery  
Check with your provider about eating during labor itself.
- ☐ Bring a refillable water bottle with a straw
- ☐ Add a small fan or handheld mister for warmth and cooling
- ☐ Include a playlist, earbuds, or a portable speaker
- ☐ Pack a focal item or photo that helps you relax
- ☐ Bring an extra pillow from home with a colored pillowcase

## Toiletries & Personal Care

- ☐ Pack a toothbrush, toothpaste, and travel-size deodorant
- ☐ Bring a gentle face wash and your everyday moisturizer
- ☐ Add dry shampoo and a small hairbrush
- ☐ Include any prescription medications in their original bottles
- ☐ Pack overnight pads and disposable underwear for postpartum bleeding
- ☐ Bring nipple cream if you plan to breastfeed

## For Your Partner

- ☐ Pack a full change of clothes and comfortable shoes
- ☐ Bring a separate phone charger and a battery pack
- ☐ Add snacks and a refillable water bottle
- ☐ Include a small toiletry kit and a light blanket
- ☐ Pack a sweater or hoodie, since hospital rooms run cold

### **For the Baby**

- ☐ Install the car seat in advance and learn how to buckle it
- ☐ Pack two newborn outfits plus a soft going-home outfit
- ☐ Bring a hat, socks, and scratch mittens
- ☐ Add a weather-appropriate bunting or blanket for the ride home
- ☐ Include a swaddle blanket if you have a favorite
- ☐ Pack any pacifiers you'd like to try, if you choose to use them

### **Before You Leave**

- ☐ Confirm the route to the hospital and a backup route
- ☐ Top off the car's gas tank ahead of your due date
- ☐ Set out a list of emergency contacts and your provider's number
- ☐ Arrange pet or older-sibling care and have it on standby
- ☐ Charge your phone and camera the night before if labor signs appear